Appendix 1: The unvalidated mHealth App Trustworthiness (mHAT) Checklist

Question	Yes	No	Not applicable	In progress	Comments
Informational Content					
Information accuracy — Does the app provide accurate measurements?	☐	☐	☐	☐	
Does the app inform end-users about errors in measurements?	☐	☐	☐	☐	
Does the app ensure that personalized data tailored to end-users are precise?	☐	☐	☐	☐	
Is the information on the app certified by an: a. in-house team? b. external third-party team?	☐ ☐	☐ ☐	☐ ☐	☐ ☐	
Is the information provided by the app backed by robust research?	☐	☐	☐	☐	
Does the app recommend regular updates to: a. fix bugs inherent within the app? b. amend app contents based on improved research?	☐ ☐	☐ ☐	☐ ☐	☐ ☐	
Understandability — Is the app accompanied by clear end-user safety guidelines?	☐	☐	☐	☐	
Is the research-backed evidence used to create the app easy to locate and understand?	☐	☐	☐	☐	
Transparency — Does the app highlight potential risks or side-effects resulting from its use?	☐	☐	☐	☐	
Are the 'terms of service' concise and easy to read?	☐	☐	☐	☐	
Does the app require only minimal personal data of end-users?*	☐	☐	☐	☐	
Are the privacy policies concise, clear and easy to understand?	☐	☐	☐	☐	
Organizational Attributes					
Brand familiarity — Does the company have other reputable products or services to associate the app with?	☐	☐	☐	☐	
Reputation — Does the company curating the app have clear policies on how to handle end-user data?	☐	☐	☐	☐	
Does the company make their data handling history and data breaches available to end-users?	☐	☐	☐	☐	
Is the app affiliated with a non-governmental organization or a reputable government agency?*	☐	☐	☐	☐	
Does the company value data protection regulations?	☐	☐	☐	☐	
Does the company utilize skilled personnel within the app development domain?	☐	☐	☐	☐	

	Has the company developed similar apps in the past?	☐	☐	☐	☐	
Societal Influences						
Recommendations	Can end-users readily suggest the app to others?	☐	☐	☐	☐	
	Does the app have good reviews?	☐	☐	☐	☐	
	How easily can end-users locate the app? Does it appear: a. in the top results of search engines?	☐	☐	☐	☐	
	b. as a featured app in the app store?	☐	☐	☐	☐	
	Does the app store display how often the app has been downloaded?	☐	☐	☐	☐	
External Factor	Does the app accompany a wearable device?	☐	☐	☐	☐	
Technology-related Features						
Usability	Is the app easy to use and have a friendly end-user interface?	☐	☐	☐	☐	
	Is the app visually appealing (aesthetics)?	☐	☐	☐	☐	
	Does the app send out a reasonable number of notifications?*	☐	☐	☐	☐	
	Are the features of the app customizable?	☐	☐	☐	☐	
	Is the app accessible by its target audience?*	☐	☐	☐	☐	
Privacy	Is the data generated from the app secured by end-to-end-encryption?	☐	☐	☐	☐	
	How is the data generated from the app stored? a. locally on the device? b. encrypted?	☐ ☐	☐ ☐	☐ ☐	☐ ☐	
	Is privacy a core consideration throughout the app design phase? i.e. a privacy by design approach	☐	☐	☐	☐	
	Is the data generated from the app anonymized so individuals are non-identifiable?	☐	☐	☐	☐	
	Can users easily access all of their data e.g. address, billing information?	☐	☐	☐	☐	
User Control						
Autonomy	Do the functions of the app give end-users the overall impression of freedom to control the use of their data?	☐	☐	☐	☐	
Empower-ment	Does the app allow end-users to restrict data sharing to third-parties such as social networking sites?	☐	☐	☐	☐	
	Do end-users act as the proprietors of the data generated from the app?	☐	☐	☐	☐	

	Does the app seek explicit end-user permission before sharing data with third-parties?	☐	☐	☐	☐	
	Does the app allow end-users to opt-in and decide which data can be stored or processed?*	☐	☐	☐	☐	
	Does the app allow end-users to easily delete their data?	☐	☐	☐	☐	

Note: the relevance of the checklist items marked by asterisks (*) may vary depending on app function